

August 2014

HEALTH PROMOTION AND WELLNESS CLASSES



Nutrition and Weight Management

This class is for patients who are seeking basic nutrition and exercise information.

JBPHH MWR Fitness Center Classroom 2:

August 5 1000-1100

August 19 1300-1400

Camp Smith Fitness Gym:

Aug 7 1130-1230

K-Bay Health Clinic Training Room 2nd Floor:

Aug 27 1030-1130

****Call to reserve a spot.****

Healthy Heart

The healthy heart is designed for those patients who have history of hyperlipidemia, hypertension or family history of heart disease.

JBPHH MWR Fitness Center Classroom 2:

Aug 21 1000-1100

Tobacco Cessation

This program focuses on group support and behavior modification with adjunct aids using the American Cancer Society Fresh start program.

JPBHH MWR Fitness Center Classroom 2:

August 6, 13, 20, 27 1000-1100

K-Bay Health Clinic Training Room 2nd Floor:

August 5, 12, 19, 26 1000-1100

Camp Smith Fitness Gym (please call):

(TBA)1000-1100

****Call to reserve a spot****

Recreation Therapy

A program that uses recreation and education services to help people with illness, disabilities and other conditions.

Aqua Therapy (Referral required).

Hickam Pool #2:

Every Tuesdays and Thursdays 1200-1300.

Access Surf

August 20 0800-1300 White Plains Beach

For more info call: 808-426-6366

Take 20 seconds To Relax

Learn the most powerful way to shed the stress that builds up daily.

Will meet at the Blue Team front desk:

August 12 1130-1200

To register call 808-473-1880 ext. 2339.

Commissary Walkthrough

Join the Health Promotion team in a commissary walkthrough to guide you toward healthier lifestyle by making better choices.

Aug 26 1000 Pearl Harbor DECA Commissary.

Aug 27 1000 K Bay Commissary.

****Call to reserve a spot****

Sleep Better Now

Learn what lifestyle habits strengthen your sleep drive so you can feel rested.

Will meet at the Blue Team front desk:

Aug 4, 18 1130 - 1230

To register call 808-473-1880 ext.2339.

Breast Cancer Support Group

Will meet at JBPHH Fitness Center Classroom 2

September TBA

NEX A Better you Event

July 31st– Aug 13th @1000-1400 daily

2nd floor in the sporting goods section.

**Check out our official Facebook page: Naval Health Clinic Hawaii
Naval Health Clinic Hawaii Health Promotion
808-471-2280**